

# Hanford Occupational Health Services Core & Balance

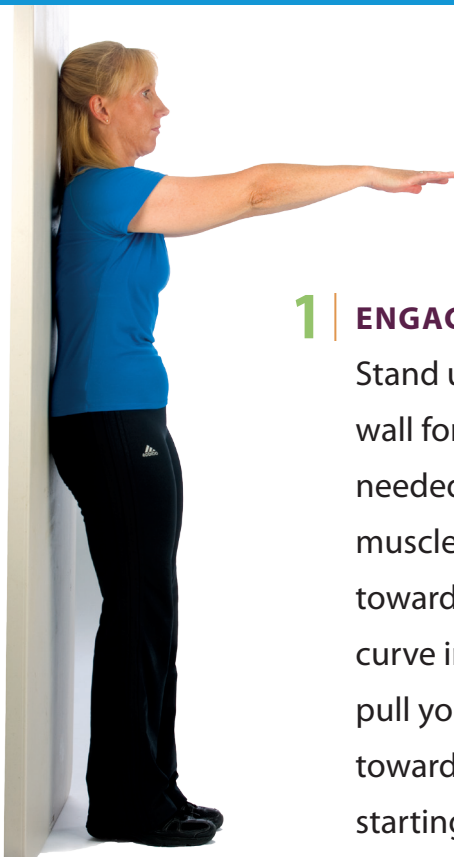
## GUIDELINES

- Use slow and controlled movements.
- Do not hold your breath.
- Perform each exercise for at least 10 seconds.
- Maintain proper posture and technique.

- Perform exercises on opposite side when applicable.
- Discontinue exercise if you experience pain.
- Do not add Challenge Movements to Balance Exercises until you are comfortable with the basic exercises.

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### CORE EXERCISES



**1 | ENGAGING YOUR CORE**  
Stand up straight, using a wall for added support if needed. Using abdominal muscles, pull hip bones up toward rib cage, eliminating curve in low back. This will pull your belly button in toward your spine. Return to starting position and repeat 10 times.



**2 | ENGAGED CORE WITH BENT OR STRAIGHT LEG**  
Engage your core as in exercise #1. While core is engaged, raise one foot up off the floor, pulling knee up toward chest. Slowly return your foot to the floor and repeat 10 times. As you get stronger, try the exercise with a straight leg.



**3 | STANDING SUPERMAN**  
Stand up straight with both arms raised above head. Extend both arms and one leg behind you and arch your low back. Return to starting position and repeat.



**4 | SEATED LEG RAISE**  
Sit near edge of chair. With a straight back and engaged core, recline so your back lightly touches the chair. Maintain engaged core and pull knee slowly toward chest (A). Return heel to floor and repeat 10 times. As you get stronger, try the exercise with a straight leg (B), or raise both legs at the same time (C).



**5 | PLANK HOLD - TABLE**  
Place forearms on a sturdy table, shoulder-width apart. Step back, creating a straight line from heels to head. With core engaged, hold position for 15 to 60 seconds. If you feel sagging in your upper or lower back, reset position and try again.



**6 | PLANK HOLD - FLOOR**  
Place forearms on the floor, shoulder-width apart. Make sure elbows are directly under shoulders so upper arms are not touching chest. Place knees behind you, creating a straight line from knees to head. With core engaged, hold position for 15 to 60 seconds. If you feel sagging in your upper or lower back, reset position and try again. As you get stronger, raise up to your feet and hold.



### BALANCE EXERCISES



HEAD TILT



EYES CLOSED



ARM MOVE

#### CHALLENGE MOVEMENTS

Add challenge movements to increase your level of difficulty.



**1 | ONE-LEG STAND**  
Raise one foot up off the floor and hold. As comfortable, add challenge movements to increase level of difficulty.

**2 | TIP TOES**  
Raise heels up off the floor and hold. As comfortable, add challenge movements to increase level of difficulty.



**3 | HEEL TO TOE WALK**  
Walk in a straight line allowing no space between the toe of one foot and the heel of the other. As comfortable, add challenge movements to increase level of difficulty.



**4 | TRIANGLE TOE-TAP**  
Stand on one leg. With opposite foot, tap toe out in front, to your side, and behind you without transferring your weight onto tapping foot. As comfortable, add challenge movements to increase level of difficulty.

